

2019

FY19 Summary of Funding



**Community Mental Health Board
of Oak Park Township**



FY19 SUMMARY OF FUNDING

A. Primary Mental Health Programs/Services

HEPHZIBAH
(708) 649-7113

PSYCHIATRIC SERVICES

FY19 Approved: \$44,000.00

The Hephzibah Group Homes program provides comprehensive services for children, ages 2 – 11 years, who have experienced the trauma of child abuse and/or neglect and manifest a variety of mental health symptoms and difficulties in social functioning. Hephzibah’s treatment model is trauma-informed, family focused, and community-based. Specifically, Hephzibah’s Group Homes program use the Attachment, Self-Regulation, and Competency (ARC). In addition, Hephzibah encourages genuine community engagement with the children, including attendance at local District 97 schools, provision of individual mental health services through Thrive Counseling Center, and utilization of community recreational resources. Psychiatric services are a critical component of Hephzibah’s Group Homes program. As described below, three specific components of psychiatric services for children who are residents of Hephzibah’s Group Homes program.

THRIVE COUNSELING CENTER
(708) 383-7500

PSYCHIATRIC LEADERSHIP GRANT

FY19 Approved: \$20,000.00

The Community Mental Health Board has provided grant money to ensure that Oak Park clients without insurance, with regular Medicaid (not in a managed care plan), and those with private insurance with high deductibles receive psychiatric services with a no turn away policy. All Oak Park clients are seen under this program will be reported in the CMHB database. All DSM-5 psychiatric services are eligible services including assessments and medication management.

ADULT THERAPY AND CASE MANAGEMENT

FY19 Approved: \$ 84,000.00

Thrive Counseling Center’s adult therapy and case management program provides comprehensive, coordinated services to adults and families that include a variety of therapy/counseling modalities (individual, group, family, and couples) in order to address identified needs such as psychiatric illness, life span issues, situational stressors, and family/interpersonal relationship issues. Psychosocial rehabilitation services are provided to guide eligible adults in optimizing their personal, social and vocational abilities to live independently and successfully within the community. Additionally, Thrive Counseling Center’s therapy and case management program provides case management/service coordination to support clients their recovery efforts.



YOUTH THERAPY AND CASE MANAGEMENT

FY19 Approved: \$ 30,832.00

Thrive Counseling Center’s program provides comprehensive, coordinated services to youth and families that include a variety of therapy/counseling modalities (individual, group, family) in order to address identified needs such as psychiatric illness, phase of life issues, childhood trauma, situational stressors, and family/ relationship issues. Thrive Counseling Center’s therapy and case management program provides case management/service coordination to support clients their recovery efforts.

NAMI-METRO SUBURBAN
(708) 524-2582

DROP-IN CENTER

FY19 Approved: \$ 50,800.00

The Drop-In Center provides an array of services to mental health consumers that, through social interactions, enhances their lives and promotes their involvement in the larger community. Social isolation is a problem for people with mental illness and the Drop-In Center serves as a source for ameliorating the effects of this debilitating isolation. Programming at the Drop-In Center promotes life skills development, enhances self-esteem and improves the overall quality of life for its participants through wellness programming.

EDUCATION AND SUPPORT

FY19 Approved: \$ 66,800.00

NAMI Metro-Suburban's education and support programs offer public education events that:

- ❖ Address and mitigate the stigma associated with mental illness;
- ❖ Educate affected families about mental illness;
- ❖ Teach coping skills that empower families/individuals and alleviate hopelessness;
- ❖ Limit the negative effects experienced by families/individuals

The Education Coordinator for NAMI-MS is responsible for developing and coordinating all NAMI signature programs. The Education Coordinator is marketing classes that will be held in Oak Park specifically to this community, and is continuously assessing local needs to assure the appropriate classes are offered, particularly for veterans and adolescents.

IPS SUPPORTED EMPLOYMENT

FY19 Approved: \$ 5,000.00

IPS is an evidence-based practice developed to help promote the recovery of people who have serious mental illnesses through work. This model is well defined by eight practice principles and a 25-item fidelity scale. The IPS Initiative functioned well within the confines of NAMI’s



Recovery Programming, utilizing the evidence-based Fidelity model of Individual Placement and Support, as provided under the auspices of Dartmouth University.

OAK PARK TOWNSHIP SENIOR SERVICES
(708) 383-8060

GERIATRIC MENTAL HEALTH CASE MANAGEMENT

FY19 Approved: \$48,000.00

The purpose of this program is to provide community-based case management for older adults in Oak Park who are suffering from mental illness, substance abuse, and/or developmental disabilities. Professional, state certified care coordinators assist clients in accessing essential services that allow them to maximize their level of functioning and remain independent within the community. The care coordinators conduct a holistic, comprehensive care assessment that examines the client's environmental, physical, cognitive, psychological and social wellbeing. Once an assessment of need is conducted, care coordinators work with clients to create and implement a comprehensive care plan to facilitate maximum functioning and independence.

THRESHOLDS
(773) 572-5400

COMMUNITY SUPPORT SERVICES

FY19 Approved: \$15,000.00

Through the West Suburban Community Support Services program, Thresholds provides team and individual services to assist individuals with chronic mental illness in achieving and maintaining recovery. The Community Support Team provides intensive interventions for individuals in order to decrease hospitalizations and increase community functioning. These services are available twenty-four hours each day, seven days per week. Community Support Individual services provide a less intensive level of support for individuals who have achieved relative stability with their symptoms. Both teams are comprised mental health professionals who provide outreach, counseling and crisis intervention services. Services are provided in the community, enabling the providers to achieve greater success in linking clients with needed resources, supports and services. Vocational services are also provided to assist clients in developing and achieving educational and employment goals. All clients are supported in improving medication/treatment compliance and increasing pro-social activities within the community.



HOUSING FORWARD
(708) 338-1724

STREET OUTREACH

FY19 Approved: \$ 33,990.00

The outreach team is based upon a dyad model. The collaborative team focus is individuals with mental illness and or substance abuse who are persistently homeless or at risk of becoming homeless within the city limits of Oak Park. The workers initiate outreach and engagement, conduct mental health interviews, provides linkage services and follow-up community support appointments to unsheltered individuals. These services will be directed into areas designated as “Hot Spots”, or anywhere else eligible individuals are frequently encountered. The team is comprised of two seasoned case managers supervised by mental health professionals one of whom is a licensed clinical social worker. The dyad will operate for twenty (20) hours per week with hours varying in accordance to identified need.

COORDINATED ENTRY

FY19 APPROVED: \$9,000.00

Short-Term Stabilization is a community-wide system that standardizes and expedites the process by which people experiencing homelessness or who are at imminent risk of homelessness can access shelter, housing, and prevention resources. By standardizing the intake process across the region, by sharing information in real-time, and by adopting uniform prioritization policies, homeless service agencies will be able to refer people to the right program based on their preferences and level of need. The goal of Coordinated Entry is to prioritize and expedites resources within the homeless assistance system for households and to reduce the time someone remains homeless.

IWS CHILDREN’S CLINIC
(708) 848-0528

THE CHILDREN’S MENTAL HEALTH PROJECT

FY19 Approved: \$13,500.00

The Oak Park River Forest Infant Welfare Society sponsors The Oak Park River Forest Infant Welfare Society dba The IWS Children’s Clinic, a community health care organization that provides behavioral health services to children of families who are unable to afford the cost of private health care. Primary care visits at the Clinic have been attended by a licensed social worker since 1920. Embedding mental health professionals in well-child visits has proved to be an effective way to introduce concerns regarding social and emotional health and developmental delays to parents. The stigma of mental illness is greatly reduced when the mental health intervention is considered a routine part of a well-child visit. This integrated model of care is a major distinguishing feature of the health care provided in the Clinic.



PRESENCE BEHAVIORAL HEALTH
708-786-8548

THE OAK PARK PROJECT

FY19 Approved: \$28,436.00

Presence Behavioral Health has been providing community mental health services for 44 years in the Midwest suburban areas. The Oak Park Mental Health Board Program (OPMHBP) through Presence Behavioral Health will provide the following services to those that reside in the Oak Park Community: In-Home treatment –In home community-based treatment, Trauma Informed Care, Crisis Services, Individual, Group, Family for mental health and/or substance abuse, Respite Services, Psychiatric Services, Parent/sibling support training, Social Skills groups, and Therapeutic coaching/mentoring, as well as the Strengthening Families substance use prevention and family skill building program.

B. Primary Substance Use Disorder Programs/Services

WAY BACK INN
(708) 345-8422

GRATEFUL HOUSE

FY19 Approved: \$68,110.00

The Grateful House Residential Home located in Oak Park offers the following three services that are partially supported with CMHB funds:

Extended Residential 24 Hr. Bed Nights

The CMHB funds two beds at Grateful House in Oak Park. The resident is provided with room and board as well as substance abuse therapy. Clients are expected to work and contribute to their expenses. The client’s therapeutic need is assessed using ASAM criteria. Clients can participate in the 90-day program, but the average length of stay is less than that. Funding this bed guarantees there is always an expedited opening at Grateful House for a woman who already lives in Oak Park and is in need of residential substance abuse placement. All clients who reside at the home are Oak Park residents.

Family Support Group

The Family Program provides process oriented and didactic therapy for family, significant others, and supportive friends of clients living at Grateful House in recovery from pathological substance abuse. The group is held once a week from 6:30 pm to 8:30pm. The only exception is Thanksgiving, Christmas and New Year. Once a month the group is for families



and the client; the rest of the time the group is intended for the family of the client, while the client receives family intervention therapy in their group separately.

Stress Management Group

The Stress Management Group focuses on living stress free, meditation, health diet, anger management, mental health and medication, and positive ways to deal with stress as part of a six-week program. The group is held once a week for two hours on an opposite night of the Family Support Group. The group is open to Grateful House residents and community members.

SARAH'S INN
(708) 386-4225

INTERVENTION SERVICES

FY19 Approved: \$ 21,000.00

The Intervention Services Program delivers a continuum of advocacy, support, and emergency services to victims of domestic violence. These services assist individuals in obtaining the resources needed to become self-sufficient and free of domestic violence. Supportive Services offers the following programs: Twenty-four-hour Crisis Line; Individual Advocacy and Counseling; Support and Education Groups; Life Skills Development; General Legal Advocacy; and Art Therapy. Services are offered in English and Spanish at no charge to the victim.

C. Primary Developmental Disabilities Programs/Services

COMMUNITY SUPPORT SERVICES
(708) 354-4547

RESPIRE

FY19 Approved: \$ 81,000.00

Community Support Services, Inc. (CSS) offers Respite Services to provide families with a break from the demands of caring for a family member (minor or adult) with disabilities while providing the individual with opportunities for socialization stimulation and new experiences. Providing respite services as a reprieve improves family functioning and care-giving ability. The program is designed to enable families to have maximum flexibility in using respite hours. Each family, based on an assessment of family needs is allocated a number respite hour per year in use in ways that make sense for their family.

CASE MANAGEMENT

FY19 Approved: \$25,000.00

CSS provides family-centered case management services that guide the individual and family in obtaining and utilizing available resources, benefits and assistance. These services link



families with the resources they need to thrive as a family, help them master the skills they need to access a complex system of care and provide them with the supports they need to keep their children with developmental disabilities living at home in the community. When accepted to services, he or she is assigned to a Service Coordinator and a Qualified Support Professional (QSP). This QSP works with the participant and his or her family and does an extensive assessment that is the basis for an Individual Service Plan (ISP) outlining goals and objectives for the year. The Service Coordinator keeps in touch with the family monthly. If a family is experiencing a crisis, CSS provides more intensive services.

OAK LEYDEN DEVELOPMENTAL SERVICES

(708) 524-1050

EARLY INTERVENTION

FY19 Approved: \$ 90,000.00

The Early Intervention Program of Oak-Leyden Developmental Services has provided supports for children from birth through age five and their families since 1975. Children who are experiencing delays in development or who have a qualifying medical diagnosis receive individualized care and support to lessen the impact of their delays and increase their ability to fully participate in their communities. The family-centered approach is typically provided in a child's natural environments, working with the child's caregivers and taking advantage of everyday learning opportunities.

SUPPORTED EMPLOYMENT PROGRAM

FY19 Approved: \$35,000.00

The Supported Employment Program (SEP) provides adults with developmental disabilities the opportunity to secure competitive employment within a field or industry of interest. A process of evaluation and consultation assists participants to identify their work skills and vocational goals. Participants receive Vocational Evaluation, Job Seeking Skills Training, Job Placement, and Job Training. A Qualified Intellectual Disabilities Professional (QIDP) is assigned to monitor service and make referrals for ancillary services as needed. The program seeks to secure employment with above minimum wages, health benefits, and in the vicinity of the participant's residence.

MULTIDISCIPLINARY CLINIC

FY19 Approved: \$7,500.00

The Multidisciplinary Clinic (MDC) exists so adults with developmental disabilities receive appropriate and timely attention to their health and wellness needs, improving their quality



of life and increasing their independence. Treatment strategies are tailored to the needs of individuals with developmental disabilities. The MDC offers collaborative behavioral and health treatment, coordinating the skills and knowledge of medical practitioners with the oversight and expertise of Oak-Leyden's personnel to identify and treat the healthcare needs of this underserved population.

UCP SEGUIN SERVICES OF GREATER CHICAGO
(708) 863-3803

BUILDING BRIDGES to the FUTURE

FY19 Approved: \$8,000.00

The purpose of this program is to ensure the successful transition of students with developmental disabilities, ages 18-21, into adulthood. UCP Seguin will achieve this by working with parents, families, and students in the Oak Park/River Forest High School (OPRFHS) to provide coaching, linkages to financial, medical, and legal resources, and adult services training experiences. This program will also provide counseling, training, and hands-on assistance to special education students with disabilities, and their families. The Transition Outreach Specialist will work with OPRFHS to identify individuals, participate in Individual Educational Plan (IEP) meetings, assist families in applying for the state waiting list for services, helping families secure Social Security and Medicaid eligibility for their student, and supporting families in obtaining any possible funding for adult services.

WEEKEND/IN-HOME RESPITE

FY19 Approved: \$ 8,000.00

The weekend and in-home respite programs provide supportive assistance, personal care, life skills training, and social, recreational, and community activities for individuals with disabilities while their parents, other family members and primary care-givers can have respite for themselves. Respite staff provide personalized care and social and recreational activities in a safe, family-like home Friday afternoon through Sunday evening. In-home respite care is provided by respite staff during daytime, evening and weekend hours as needed.

SOCIAL/RECREATIONAL

FY19 Approved: \$36,540.00

The Young Adult Social Club provides opportunities for social and recreational activities on site, in homes, and in the community for Oak Park young adults ages 18-30 who have intellectual or developmental disabilities. CMHB funding supports staff hours to deliver group services which include O.P. clients.



VOCATIONAL/SUPPORTED EMPLOYMENT

FY19 Approved \$32,000.00

This initiative serves young adults (18-30) with developmental disabilities who reside in Oak Park with opportunities to explore vocational options and secure and maintain paid and volunteer jobs in the community. These are clients who are not eligible for regular supported employment slots. CMHB funding supports staff hours to deliver group services which include O.P. clients.

OPPORTUNITY KNOCKS
(708)771-6159

Life Shop

FY19 Approved: \$45,000.00

The Life Shop is the Opportunity Knocks’ day program that serves young adults with intellectual and developmental disabilities who are 22 years and older. Services include: Health and Wellness- Participants learn firsthand how to lead a healthy lifestyle. Each week, time is dedicated to learning about topics including but not limited to: healthy hearts, fruits, vegetables, sugar shock, and the importance of water, exercising at home, and being active among other important health lessons. Job Skills Development – Participants advance and expand skills necessary to succeed in the work force. Life Skills – While some program activities directly teach life skills such as the cooking group who spend time each week planning the lunch menu, grocery shopping, and preparing lunch, other activities take an indirect approach at advancing life skills. Each participant takes on a new role each week to obtain a variety of skills. Community Involvement – This includes educational, recreational, and volunteer activities that connect the participants to the community.

D. Primary Prevention Programs/Services

NEW MOMS, INC.
(708) 848-2227

SPECIAL POPULATIONS

FY19 Approved: \$82,000.00

New Moms, INC. provides home visiting, support groups, workshops, and age-appropriate child developmental programming to families living in Oak Park. Participants include young mothers, aged 13-22; single mothers who are in a position of parenting primarily on their own; and mothers facing parental isolation either as a result of single parenthood or low community connectedness. Each of these is a significant risk factor for mental health issues, poor parenting efficacy, and child developmental issues. All services are delivered through a unique two-generation model—acknowledging that the well-being of mothers and children



are inextricably linked, and supporting the health, development, and well-being of both generations simultaneously.

New Moms, INC. provides an array of interventions, tailored to the particular need of each family. Participants receive home-based parenting education and support, with frequency and intensity based on client need, geared toward ensuring adequate supports are in place for both mother and child(ren); weekly parent support and education groups (delivered in circumstantially-appropriate groups, e.g. teen mothers, single mothers); weekly drop-in parent workshops (Morning Parent Meet-Up) for additional support; and external linkages for additional support. They use the evidence-based “Parents As Teachers” curriculum, which is a proven model. In addition, they use evidence-informed material based on Behavioral Parent Training and Cognitive Behavioral Theory.

SARAH'S INN
(708) 386-4225

PREVENTION SERVICES

FY19 Approved: \$ 12,300.00

Through the Together Strong Project, Sarah’s Inn prevention program that targets adolescents ages eleven-eighteen when they are first experimenting with intimate relationships both online and in person. Sarah’s Inn provides critical information for students on how to protect themselves against potential threats and how to seek help if they are a victim of violence or abuse. The Together Strong Project includes the following programs; Together Connect, Together Discover, Together Prepare, and Together Strong.

B. Prevention Services

SMART LOVE
(773) 665.8052

PARENT TRAINING AND SUPPORT

FY19 Approved: \$21,000.00

The Parent Training and Support Program is an effort to help parents whose children are at risk for developing behavior and learning difficulties at school. Our outreach will focus on parents whose children are participating in TASC’s Strive for Success program. Our catchment area can be expanded to other parents and children in Oak Park Township with similar concerns. Students in the TASC program are struggling with school- related issues of organization, managing homework, problems with authority and grades. Their parents are experiencing numerous stressors such as poverty, housing concerns, incarceration, medical



issues of their own, while being the sole parent in many cases. The program model consists of 2 integrated modes of delivery: 1) 6-week group session, for 1.5 hours per week, and 2) 3 private coaching sessions, for 45 minutes per session, scheduled by appointment.

BUILD CHICAGO/YEMBA
(708) 842.5022

MENTORING EMPOWERMENT PROGRAM

FY19 Approved: \$90,000.00

Mentoring Empowerment Program (MEP) is a continued/contained program, whose mission is focused on providing mentoring services to at-risk middle school youth and families, of Oak Park. Mentoring services in the MEP will target “at risk” youth for substance use, mental health needs, homelessness, school resistive and refusal behaviors. The MEP is designed to run all year round. There will be a total of 5 sessions: two school-year round sessions for both 6th and 7th grade students, one half-school session for 8th grade students, and one MEP pilot for 6th grade girls, and a summer retreat. Sessions will be administered in the fall, winter and spring. During these sessions, there will be two (2) workshops provided per week afterschool from 3:30p-6:30p. Each workshop will include: homework help hour, mentoring workshop, and a recreation workshop. The Summer Retreat, implemented over 4 days will be used to reconnect previous mentees that participated in previous programming and acclimates the student and prepares them for the upcoming school year.

TASC, INC.
(224) 423-4588 or (312) 927-1546

STRIVE FOR SUCCESS

FY19 Approved: \$138,855.00

The Strive for Success (SFS) program is a comprehensive individualized, multi-cultural, and community-based service program with supports reinforcing systems of care and behavioral health services for minority residents in Oak Park. The primary service population is youth in School District 97 middle schools, and their families and high school students and their family members in School District 200 as a secondary population of focus. The advantage of a community-based is that youth and families are able to receive formal and informal support and services in the community where they live. Each Care Coordinator has a case load of twenty (20) families for which they do a formal assessment and develop a care coordination plan. They evaluate each client at 3, 6, and 12 month intervals which is the maximum time. When caseloads are full, they still provide the community with information and referrals. The award also includes a client assistance fund to help families. All activities are overseen by the Multicultural Behavioral Health Advocacy Committee which meets quarterly. TASC is the fiscal and supervising partner of the contract.



FY19 Special Initiatives Infrastructure Awards

Support4U	FY19 Award: \$10,000.00
NAMI Metro-Suburban agreed to be the fiscal agent for this grant to launch the community-wide Text-A-Tip initiative in Oak Park. These funds will be matched by supporting funders, Oak Park River Forest Community Foundation, \$10,000.00 and River Forest Township \$2,500.00.	
Children’s Clinic	FY19 Award: \$ 3,000.00
To purchase network hardware equipment.	
Community Support Services	FY19 Award: \$ 2,000.00
To purchase tablets for staff utilization.	
Hephzibah	FY19 Award: \$ 3,000.00
To purchase sheds for Hephzibah’s play area and demolition of current shed area.	
Housing Forward	FY19 Award: \$ 3,000.00
To purchase back-up server equipment for the Maywood location.	
NAMI Metro Suburban	FY19 Award: \$20,000.00
To purchase furniture for Broadview Living Room and a printer.	
New Moms	FY19 Award: \$ 3,000.00
To purchase exact change strategies and bulk uploading for the electronic health records system.	
Oak Park Township Senior Services	FY19 Award: \$ 2,000.00
To provide funds for professional development trainings.	
Oak Park Township Positive Youth Development	FY19 Award: \$ 3,000.00
To develop a market research campaign to identify appropriate paths of communication to reach the underserved youth populations, research successful public education campaigns and incorporate into OPRF campaigns, and include binge drinking in at least one (1) parent education event by December 2018.	
Opportunity Knocks	FY19 Award: \$ 3, 000.00
To purchase material for the Opportunity Knocks Now Farm enhancements.	
PACTT	FY19 Award: \$ 2,500.00
To purchase a smart refrigerator for CILA residents in Oak Park.	
PCC Wellness	FY19 Award: \$ 5,000.00
To provide funds for a Behavioral Management Training for all PCC Wellness staff and affiliated CMHB agencies in collaboration with Riveredge Hospital.	
Presence	FY19 Award: \$ 2,500.00
To purchase new chairs for the Melrose Park office lobby.	
Smart Love Family Services	FY19 Award: \$ 2,500.00



To purchase ipads, have software installed, and licensure and tests for the D97 population.

Thresholds **FY19 Award: \$ 3,000.00**

To purchase computers, tablets, cases, docking stations, and monitors for staff that work with the CILA residents.

Thrive Counseling Center **FY19 Award: \$ 2,500.00**

To provide funds for professional development training.

UCP Seguin of Greater Chicago **FY19 Award: \$ 2,500.00**

To purchase bedroom furniture, mattress, chest freezer, and sofa chairs for CILA homes in the Oak Park community.

Way Back Inn **FY19 Award: \$ 3,000.00**

To purchase a ramp and back porch materials for updates at the Grateful House.

YEMBA **FY19 Award: \$ 3,000.00**

To provide funds for professional development training and 6th grade girls curriculum development.

Addiction Recovery Team **FY19 Award: \$ 6,600.00**

To provide funds for movie and panel event at Concordia University, PA System, Printing, Website development and hosting fees, and Marketing for the Recovery Event.

Homeless Coalition **FY19 Award: \$ 6,333.00**

To provide funds for Identify funding opportunities to grow coalition capacity, Develop and oversee a media public awareness and education campaign, Facilitate and manage the quarterly meetings of the homeless coalition, Facilitate and coordinate monthly core meetings, and Facilitate and manage the website and social media

I/DD Consortium **FY19 Award: \$ 6,500.00**

To provide funds for a caregiver education and workshop coordinator, speaker fees, resource guide dissemination, food and supplies for workshops, and survey monkey.

Sarah's Inn **FY19 Award: \$ 4,000.00**

To provide funds for a Domestic Violence Awareness Campaign and to purchase ribbons, posters, action cards, and giveaways.